

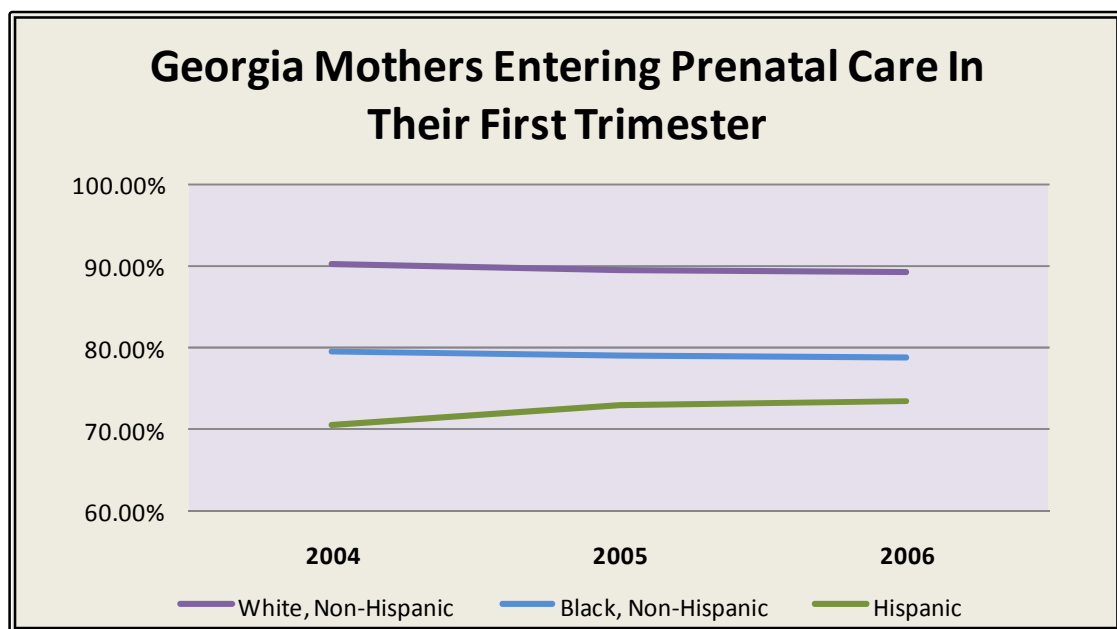


HEALTHY

- IMPROVE Health of Children

GOCF outcome indicator: prenatal care

Prenatal care is a significant component for the health of both a mother and her child.



Data Source: Georgia Children's Health Alliance Refocus Report, 2010.

Prenatal care allows for the progress of a pregnancy to be tracked for safety and health purposes. During this stage of care, doctors can identify potential problems before they become serious for either the mother or the fetus. Many birth defects occur very early in pregnancy, sometimes before a woman even knows she is pregnant. The Centers for Disease Control and Prevention recommends that women seek prenatal care as soon as possible. Here, genetic testing may be done in order to make both doctors and parents aware of genetic family histories that may have an effect on their pregnancy and child. Doctors should also be made aware of medications that a pregnant woman is taking, as these could have adverse effects on a child's development that could result in birth defects. Women who visit their healthcare providers regularly during pregnancy have the significant opportunity to have health problems identified and treated before delivery. Prenatal care also provides parents with valuable information and education regarding their health and the health of their growing child.

Data source: US Department of Health and Human Services Centers for Disease Control and Prevention, 2010.



Important Information For Women Who Are Pregnant

1. Drink extra fluids (water is best) throughout pregnancy to help your body keep up with the increases in your blood volume.
2. Eat healthy to get the nutrients you and your unborn baby need.
3. Cigarette smoking during pregnancy increases the chances of premature birth, certain birth defects, and infant death.
4. Take 400 micrograms of folic acid daily both before pregnancy and during the first few months of pregnancy to reduce the risk of birth defects of the brain and spine.
5. Fetal alcohol syndrome, a disorder characterized by growth retardation, facial abnormalities, and central nervous system dysfunction, is caused by a woman's use of alcohol during pregnancy.
6. Cut down on caffeine during pregnancy.